

# Life Is A Long Way To Run (漫漫人生路) (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Anita Wittenberg - 2009年01月

Music: Life Is A Long Way To Run - Dancelife



前奏： 16 Count intro 16拍起跳

**第一段** ¼ Turn Step, ¼ Turn Step, ¼ Turn Step Back, Step Back, ¼ Turn Step, Drag  
1/4踏, 1/4左 1/4後 後, 1/4右, 拖併

- 1 RF ¼ turn right step forward  
右轉90度右足前踏
- 2 LF ¼ turn right step side left  
右轉90度左足左踏
- & RF ¼ turn right step back (9:00)  
右轉90度右足後踏(面向9點鐘)
- 3 LF step back 左足後踏
- 4 RF ¼ turn right step side right (12:00)  
右轉90度右足右踏(面向12點鐘)
- 5,6 LF drag to RF 左足拖併

**第二段** Knee Swivel, Kick, Step, Slide, Drag 膝轉, 踢, 踏滑 拖併

- 7 LF swivel knee in front of right leg  
左膝於右腿前旋轉
- 8 LF kick diagonally left 左足左斜前踢
- 9 LF step next to RF 左足併踏
- 10 RF slide side right 右足右滑踏
- 11 RF drag towards LF 右足拖併至左足
- 12 RF drag next to LF 右足併踏

**第三段** Cross, Step, ¼ Turn Cross, Step Back, ½ Turn Step, ¾ Turn Ronde  
交叉, 左踏, 1/4交叉, 後, 1/2, 繞轉3/4

- 13 RF step diagonally forward left  
右足於左足前交叉踏
- 14 LF step side left 左足左踏
- & RF ¼ turn right cross in front of LF  
右轉90度右足於左足前交叉踏
- 15 LF step back 左足後踏
- 16 RF ½ turn right step forward  
右轉180度右足前踏
- 17,18 RF ¾ turn right sweeping LF (6:00)  
重心在右足右轉270度左足繞(面向6點鐘)

**第四段** Step, ¼ Turn Step, ½ Turn, Step Back, ½ Turn Step, Step Back 1/4 Turn  
踏, 1/4, 1/2, 後, 1/2踏, 1/4後

- 19 LF step forward 左足前踏

- 20 LF ¼ turn left step RF next to LF  
左轉90度右足併踏
- 21 ½ turn left weight on both feet  
左轉180度重心在雙足
- 22 LF step back 左足後踏
- 23 RF ½ turn right step forward  
右轉180度右足前踏
- 24 LF step back 1/4 turn right (6:00)  
左足後踏右轉90度 (面向6點鐘)
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